IMPORTANT INFORMATION
FOR OUR COMMUNITY ON COVID-19

Haldimand-Norfolk Health Unit has set out the following community guidelines for COVID-19 containment, testing and reporting.

Community members are being asked to follow the below steps in order to protect themselves and others:

1. Testing **is not required** if you have **no symptoms**, unless you have been specifically asked to get tested by Haldimand-Norfolk Health Unit.

   - **Symptoms can include shortness of breath (dyspnea), sore throat, muscle aches, fatigue, headache, new olfactory or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain, runny nose or nasal congestion.**

2. Self-isolate for 14 days after returning to Canada from international travel **OR close contact with a positive case**. Call Haldimand-Norfolk Health Unit at 519-426-6170 EXT. 9999 for guidance.

3. If you **do not have symptoms** AND you have travelled outside of Canada – testing **is not required**. You are not required to get tested or call your local public health unit if you are not experiencing any symptoms after international travel. You must self-monitor for symptoms while self-isolating. You must self-isolate for 14 days after returning from international travel.

4. If **symptomatic**, call Haldimand-Norfolk Health Unit at 519-426-6170 EXT. 9999 immediately for guidance. **DO NOT GO IN to the health unit or doctors offices**. If you are experiencing symptoms of COVID-19 and are worried you are at risk, call for guidance. Entering any health care facility puts others as well as the health care system at risk.

5. **In the case of an emergency, please visit the Emergency Department**.
   Your local hospitals, doctors and Haldimand-Norfolk Health Unit are working vigilantly to coordinate actions that keep our communities safe. It is important for community members to stay up-to-date with the latest direction and guidelines set out by Haldimand-Norfolk Health Unit to assist with keeping the risk within our community low.

Anyone who is visiting this page outside of the Haldimand-Norfolk region is advised to call their local health unit for guidance: http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

Telehealth Ontario
For medical advice, you may contact Telehealth Ontario, a free, confidential service. A Registered Nurse will take your call 24 hours a day, seven days a week. Phone: 1-866-797-0000

Feeling Ill
If you feel ill, please consult your primary care provider.

HNHU COVID-19 Hotline
For general inquiries regarding COVID-19, please call the HNHU COVID-19 Hotline Monday to Friday 8:30 a.m. - 4:30 p.m. (Closed on statutory holidays) Phone: 519-426-6170 Ext. 9999

For all COVID-19 inquiries related to or regarding Food Premises, Migrant Farms, Special Events, Personal Service Settings, Child Care Centers or Workplaces (non-health care setting) please call the **Environmental Health Team hotline at 519-426-6128.**

hnhu.org/COVID-19

Health and Social Services
Haldimand and Norfolk